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## **SYNC-CREATION™**

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This story is about following your dreams to find treasure. The treasure I seek is to reliably create within time/space through nonphysical means. By create I mean to influence and transform physical matter through loving connection with and expression of God's source—not by merely building psychic muscle.

We affect matter all the time. Why bother to learn to do this nonphysically? Part of the answer is that when we create in the usual way—building a house for example—we need to consciously understand how to go about each step and are confined to physical limits. However, by using nonphysical influence, we leave the details up to our superconscious and are free of time/space constraints. I know that we can affect matter through a nonphysical means, called psychokinesis (PK). It is our birthright, and it is good. PK can be used to bring about healing, abundance, and balance. Safeguards seem to be built right into the process. Aligning with the highest of values promotes success on a predictable and powerful basis.

I offer no scientific proof, although the body of evidence—coming from places such as Princeton Engineering Anomalies Research Laboratory and the Consciousness Research Laboratory at the University of Nevada—does, in my opinion, prove PK exists. We can analyze things here, but please remember that this is essentially a heart experience. Bob Monroe's prime directive, "Go find out for yourself," applies. But consider this: if you embark on a similar journey, belief systems may be shattered. Along the way you may claim the God-quality of being able to see within physical matter and influence it.

During TMI programs I have tried touch-healing, usually of a participant's headache or back pain, with a positive effect much of the time. PK seems to use basically the same energy as this type of healing—though inanimate objects are both less responsive and potentially less resistive. I first became aware of PK ability after a few days' exposure to Hemi-Sync® while training a *LIFE SPAN 2000* program. This was about five years after starting to use Hemi-Sync regularly.

There is a distinctly different feeling to this phenomenon versus telepathy, precognition, OBE, or other psychic states. In the PK state I am filled with energy, my hands are often very hot, and I “know” that I am affecting matter. The feeling tone is one of wide-open heart delight. I have achieved results influencing dice over tens of thousands of rolls, with coin flips, and with computer games. Also, under controlled conditions, I have achieved significant statistical results in experiments influencing random number generation in computers, influencing the water-column height of a bubbling fountain, and influencing laser dispersion on a photographic plate.

Usually when one attempts to affect the outcome of a random event through PK, one gets excellent results immediately, then performance rapidly declines (probably because fear kicks in). Finally, results may improve over time. But one risks boredom through the thousands of trials. My motivation is sustained by curiosity about how these new meditative states feel, by helping others, and by hope of expanding our knowledge of man’s capabilities. I often practice PK within loud and chaotic environments. Utilizing energy under stressful conditions helps skills become more robust.

Typically I prepare by taking a slow shower, loving the body and affirming the goodness of the physical. Then I meditate with Hemi-Sync, pulling in light and love. During meditation, I drop struggle, fear, judgment, and impatience, then enter into an expansive space and imagine success with my target. I request my Council’s presence strongly before doing PK (Council is my name for all good sources of guidance and energy). I am clearly in an altered state (lights sparkle, flowers glow with radiant beauty). I am relaxed but charged, and feel gratitude and joy.

Initially, strong PK bursts of thirty minutes or more left me deeply tired. Every muscle ached and my nerves felt like they had been plugged into an electric socket. I have also seen lines of force and other energy patterns extending between my center and the physical object being influenced. At these times the physical world became filled with light, and felt very odd. Belief systems took a major assault as another reality preempted time/space. There is a big difference between reality changing in a CHEC unit and changing realities while actively operating in the physical world.

During a particular two-hour session, there was a feeling of being strongly in touch with the angelic realm—more there than here—very light and playful. Then the experience became nearly impossible to describe. It was as though human identity dropped away. The physical world was barely discernible, almost totally transparent. Incredible energy danced from all objects and spaces causing sensory overload. Form was definitely subordinate to energy and held together by subtle wisps of thought. “Ah!” I mused, “This is the joyful dance of creation.” Everything was compassionately and joyously funny. From this state I felt one could come into and go from the physical world without experiencing death.

The overall process shares similarities with the *GATEWAY VOYAGE*®. It initially took five days to clear and raise my energy enough to experience the PK effect in full. That has shortened to less than three days. There is a “rise time.” Increased sexual energy is a sign of being in rise time. Heart energy is a sign of moving toward the manifestation state but is insufficient without strong grounding. Eliminating all “them-us” dichotomies and knowing that “all is one” are associated with the creation state. The state seems similar to that of a child in a sandbox with no self-consciousness and full trust. When they occur in the process, suffering and confusion are embraced because they encourage humility, compassion, interest, mystery, and connection with others—all aids to keeping this path healthy.

Hemi-Sync helps me to relax, raise energy, clear blocks, problem-solve, and connect with guidance. To raise energy high enough for PK, I prefer doing *Resonant Tuning* throughout entire *METAMUSIC*® tapes. My favorites for this purpose are *Sleeping through the Rain*, *Daybreak*, *Into the Deep*, *Higher*, and *Portraits*. The PK path explores beliefs, challenges fear, and feels vibrantly alive. My tale celebrates mystery as much as knowledge. As I handle the energy better, there is less separation between normal and enhanced states. Guidance has included the following observations: “When a child is at play, he is really unconscious of what someone else thinks. It is a receiving more than a doing, like licking a chocolate. The mental sets the pattern—the heart receives.”

Heaven can be right here on earth and within each of us. We can all manifest more effectively and consistently if we have the courage to feel deserving and powerful. This involves adopting a new understanding of the physical world as responsive and changeable and the spiritual world as solid, strong, real, and constant—and of the energy flow between these worlds. TMI’s *EXPLORATION 21* course is a good introduction to the knowing of this reality. I am also developing a system—currently named Sync-Creation—for teaching this skill. It includes detailed meditations, guidelines, and affirmations and emphasizes physical, psychological, and spiritual balance. The quality of consciousness achieved in the PK state may also enhance other skills such as physical healing, decision making, and manifesting. To do these things powerfully, we must suspend our doubts about our own and the universe’s goodness. This results in creating and receiving more love—and that makes the angels sing!

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